

**Progress 248 Undocking From SM Aft End**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-08:45		Monitoring Progress 248 undocking from SM Aft
10:05-11:05	FE1	PFE (on TVIS) <i>Perform only Test 1. Do not perform tests 2 and 3. Download TVIS data MEC immediately after the test</i>
10:15-11:15	CDR	Physical Exercise (CEVIS)
11:05-11:20	FE1	MO-3 data download from cardiocassette to OCA
11:15-12:30	CDR	Physical Exercise (RED)
11:20-11:45	FE1	<b>TV PAO:</b> Greetings to Unilinks company ( <i>To=11:20, T1, T2, T3 based on Automated daily timeline - CПП</i> )
12:30-13:30		LUNCH
13:30-13:45	CDR	PromISS 3: Conference with specialists ( <i>S-band</i> )
13:45-13:50		7S payload status check (Increment 8)
14:40-14:55		<b>Telephone</b> Greetings to <i>Tennis and Business</i> magazine ( <i>VHF</i> )
16:45-17:45	FE1	Physical Exercise (VELO + Force Loader/ cycle 1) day 4
17:40-17:45	CDR	Ham radio hardware set up
17:45-18:15	FE1	COЖ maintenance ( <i>Inspection of БРПК separator</i> )
17:45-17:55	CDR	HAM radio session
18:15-18:45		Daily plan review
18:45-19:00		DPC ( <i>S-band</i> )
19:00-19:30		Prep for work
19:30-20:00		Daily food prep
20:00-20:30		DINNER (RENAL: pill ingestion)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE1	URAGAN. Observation and photo imagery
		DIATOMEA. Ocean observations

**Note:** See OSTP for references to US activities

End of radiogram